



Baca Buzz

Volume 1, Issue 5

September/October 2011

Allen R Baca Center
301 W Bagdad, Bldg. 2
Round Rock, TX 78664
512-218-5499

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Round Rock Parks and
Recreation

Mission: People dedicated
& empowered to create a
positive and memorable
experience in people's
lives.

Vision: An active, vibrant
& beautiful city with a
diversified and quality
parks and recreation sys-
tem that produces eco-
nomic, health, & social
benefits for the entire
community.

Health & Information Fair

Join the Baca Center and over 30 vendors at our annual Health and Information Fair on Friday, September 9, 9 am-noon. Flu shots will be offered by HEB, cost is \$25 unless you have a Medicare B Card. Please bring identification, insurance card and cash or check.

There will be exercise demonstrations by Tai Chi participants, Zumba Gold and Jazzercise.

Participants attending the event can get their blood pressure checked, spinal screening, get literature on aging and much more. Flu shot information will be available at the Baca Center front desk.



Site Council Wants YOU!



The Baca Center Advisory Site Council is seeking interested individuals who are looking to be the voice of the membership and represent the Baca Center in a positive and informative way for the 2012 Board. The council provides advice and support to the Baca staff regarding operations of the center, directions for the future of the center and the interests of the growing senior population. Participating on the Board only takes 1-2 hours of your time once a month. Applications are available at the Baca Center front desk. Applications must be submitted NO later than October 31st.

Decorative Pumpkin Sale

The Baca Art Club will be decorating/painting all sizes of pumpkins and selling them in the Baca Lobby October 21-October 31. The sale will raise money for the Baca Center and the Art Club. There will also be an auction of art items that is open to everyone. For more information contact Darrell at 512-869-4882.



BACA WEEKLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am Jazzercise**	9:00-10:00 am Cardio Combo	9:00 am Jazzercise**	9:00-10:00 am Cardio Combo	9:00-10:00 am Intro to Tai Chi*	9:00 am Jazzercise**
10:15-11:10 am Beg. Line Dancing*	9:00-11:00am Wood Carvers	Chair Yoga*	10:00-11:30 am Writing Club	Jazzercise**	9-9:45 am Zumba Gold*
10:30-11:00 am Sittercize	10:00am-2:00 pm Craft Corner	10:00-10:45 am Zumba Gold*	10:30-11:00 am Sittercize	10:00-11:30 am Tai Chi Advanced*	
11:15 am-12:10 pm Int. Line Dancing*	10:30-11:00 am Sittercize	10:00-11:30 am Chicken Foot Mexican Train	12:30-2:45 pm Spanish Class	10:00-11:30 am Bingo*	
12:15-1:10 pm Adv. Line Dancing*	12:30-2:30 pm Klub Karaoke	10:30-11:00 am Sittercize	12:45-4:00 pm Canasta Club	11:30 am-12:30 pm FREE—Blood Pressure Checks <i>Courtesy of Trinity Care Ctr.</i>	<i>*Fees are re- quired to partic- ipate and must be paid to the Baca Center.</i>
12:30-3:30 pm Dominoes "42"	12:30-4:00 pm Pinochle	11:00 am-1:00 pm Line Dance Practice	1:00-2:30 pm Tap Dancing*	11:30-3:30 pm Pinochle	<i>**NOT a BACA program—fees required to participate and must be paid to Jazzercise.</i>
1:00-5:00 pm Duplicate Bridge Canasta	1:00-2:00 pm Computer Help	12:30-3:30 pm Dominoes "42"	1:00-2:00 pm Computer Help	12:30-1:30 pm Int. Line Dancing*	
1:00-3:00 pm Writing Club	6:15 pm Jazzercise**	5:15 & 6:15 pm Jazzercise**	1:00-3:00 pm Tejano Time	1:00-2:30 pm Sing Along	
5:15 & 6:15 pm Jazzercise**	7:00-9:00 pm Evening Bridge Square Dancing*		12:45-4:00 pm Bridge for Fun		
Zumba Gold* 6:15 pm			6:15 pm Jazzercise**		

Please be sure your program ends ON-TIME so staff can prepare for the next program or secure the building for closing.
We can ONLY guarantee that rooms will be ready 15 min. prior to start time. If you have a group that is meeting in one of our
rooms and you are not on the schedule, please see the front desk.

Monthly Meetings and Activities

<u>Activity</u>	<u>Dates</u>	<u>Times</u>
Art Club	1st & 3rd Friday	1:00-3:00pm
AARP - general meeting	2nd Wednesday	1:00-2:00pm
AARP - board meeting	3rd Wednesday	1:30-3:30pm
Benefits Counseling	1st Wednesday	9:00-11:00am
Book Discussion	2nd Tuesday	1:00-2:00pm
Bunco	1st & 3rd Tuesday	6:30-8:30pm
Cuisine Critics	3rd Wednesday	11:00am-1:00pm
Daffodil Dolls	1st Wednesday	10:30-11:30am
Garden Club	1st Monday	9:30-10:30am
Neighborhood Cards	3rd Wednesday	10:00am-2:00pm
Paint In	2nd Wednesday	1:30-3:30pm
Pub Club	3rd Friday	5:00-11:00pm
Site Council	1st Thursday	9:30-10:30am
Travel Club—September	1st Wednesday	1:00-2:00pm

Williamson Burnet County Oppor. (WBCO)

WBCO offers a well-balanced lunch Mon-Fri at 11:45 am for Williamson & Burnet County residents. Registration and 24 hour advance reservation is recommended by contacting Cris at 255-4970. New registrants will need to complete paperwork. Meals are \$6 for those that are not members of WBCO. If you have made reservations and cannot come to lunch, please notify WBCO.

Menu is available online at:

**[http://www.wbco.net/
services_meals.html](http://www.wbco.net/services_meals.html)**

*Menu is subject to change with-
out notice.*

255-4970

Activity Descriptions

AARP: "AARP is dedicated to enhancing quality of life for all as we age. We lead positive social change and deliver value to members through information, advocacy and service." Membership is open to persons age 50+. Must be a member of the National Chapter to be a member of the local AARP chapter.

Art Club: The club includes artists of all media. The club also meets each 2nd Wednesday for Painting Day. For more information, Darrell Hutchinson at 869-4882.

Benefits Counseling: Visit with Nancy Kind to get information on Medicare, prescription plans, Medicaid and food stamps.

Bingo: Come try your luck on Friday mornings for \$2 for members.

Book Discussions: Participants discuss short readings in fiction, drama, poetry, and essays. Contact helensmith204@gmail.com for more information.

Bunco: Knowledge of the game is optional but having a good time is mandatory! Bring a finger food to share with the group. \$3/members*.

Cardio Combo: Low impact aerobics without jumping. Free for members.

Chair Yoga: For beginners and people with limitations. See class for registration info.

Computer Help: Help is offered for members that have computer specific questions.

Craft Corner: Come get crafty with us! This group makes all different kinds of crafts.

Cuisine Critics: Group visits local restaurants and writes a review for the newsletter.

Daffodil Dolls: This is a group of ladies that gather for fun and fellowship.

Hiking Club: Over the Hill Hikers plan hiking trips plus get hiking tips. Meets in Sept.

Jazzercise: For fees and information, call Kathie Elkins at 244-2534**.

Klub Karaoke: Join the fun and come sing your favorite songs on our karaoke machine in the music room or just come support others.

Line Dancing: Classes offered for three levels. \$3/Baca members*.

Line Dancing Practice: Self led practice for line dancing. Free to members*.

Neighborhood Cards: This group meets once a month for some fun card playing.

Paint In: Join the Art Club for drawing and painting activities each 2nd Wednesday.

Pool Sharks & Sharkettes: Men's group meets Tuesdays & Thursdays for some great times shooting pool. The ladies meet on Mondays for informal play.

Pub Club: This club is the hit of Round Rock & Austin as we hang out at a different pub each month. Cover and meal are on your own. \$6-8/month for members*.

Senior Cardio Combo: Low impact aerobics without jumping. Instructed by Latoya and free for members.

Sing-A-Long: Singing popular songs from the 20th Century. Song books provided, join us for a good time!

Sittercize: Participants perform resistance exercises in chairs with hand weights. Free for members.

Spanish for Fun: Come practice Spanish with Pilar Weiss from Spain! This class is an informal program and free for Baca members*.

Tap Dancing: Tap your way to fun and fitness. Come to dance or come to learn. \$2 members*.

Tai Chi: A Chinese martial art and meditative movement class designed to increase your sense of balance, cardiovascular fitness & joint flexibility. \$4/members*.

Tejano Time: This is a self-led group that uses their own music to dance authentic Tejano.

Travel Club: This group now meets on a quarterly basis to discuss/suggest day and extended trips.

Woodcarvers Club: Come join in some carving fun. This is a self-led group, no experience necessary but tools are required. Free to Baca members.*

Writing Club: This group meets to talk, write and share. This group will be publishing a book in the near future. For more information, contact Serena Guin at 917-5427.

Zumba Gold: This program is a series of fitness moves specifically designed to take the exciting Latin and International dance rhythms created in the original Zumba. This program is for ages 50+, members pay \$3/class*.

**Non-members pay additional fees.*

Special Events

LUAU ON THE LAKE

This will be our 2nd Annual Luau on the Lake, Friday, September 16, 4-10 pm. We will leave the Baca Center at 4 pm sharp, board a party boat and cruise the lake 5-9 pm, then return to the center by 10 pm. There will be food, music, swimming and dancing. We will give awards for the best man and woman beach bums. Participants can bring their bathing suits and swim in the lake or take a ride down the slide off the boat. Parkwood Meadows will provide burgers, hot dogs, sides and dessert. Cost is \$30/person and all participants MUST register by September 2.



Course #17083

SENIOR NETWORK MEETING

This is a networking group specifically for professionals in the senior industry. They will be holding a meeting at the Baca Center on September 7, 4-7 pm in the dining room. This is an opportunity to network with other individuals and businesses that work with seniors.

FALL FASHION SHOW

The Baca Center will host it's annual fashion show on Friday, October 21, 1-3 pm. We are looking for 5 female and male models for this fun event. Bealls Department store will be our clothing sponsor and models will get a discount if they wish to purchase the clothes that they model. Please bring friends and family to this fun free event. Lemonade and cookies will be provided.

HALLOWEEN HOWL

Join WBCO and the Baca Center for a howling good time at our annual Halloween Luncheon on Monday, October 31, 11:30 am-1:30 pm. Top three costumes will win a prize. You MUST register in advance with WBCO. WBCO clients are a \$2 suggested donation and all others are \$6.

Feliz Navidad Fiesta



Save the date of December 2, 5:30-9:30 pm for our annual holiday event. We will celebrate again with *Los Texas Wranglers* because the music was so spectacular last year. We will provide Fajitas with all the fixings, live music, dancing and adult beverages. Tickets are \$20 for Baca members and \$25 for non-members. You MUST register before November 23rd, NO tickets available after that date. Wear your best fiesta clothes and awards will

be given to the most festive lady, gentleman and couple.

Course #17087

Organizations/Clubs

SITE COUNCIL—Thursday, 9:30 am

Baca Site Council is the voice of the membership. Council represents Baca in a positive way promoting membership and activities and advises staff in decisions that affect the general membership and future of the Baca Center. Meetings are open to the public.

September 1 & October 6

BENEFITS COUNSELING—Wednesday, 9:00-11:00 am

September 7 & October 5 in the Baca Center Lobby—"The National Council on Aging" has created a comprehensive Benefits Check Up Questionnaire for Texas which will help older adults identify programs that may improve their quality of life. This is free, easy to use and will help seniors identify countless federal, state, local and private programs for which they may be eligible. Visit with Nancy Kind, Volunteer Benefits Counselor or call her at 246-8455.

GARDEN CLUB—Monday, 9:00 am

Tuesday, September 27—Trip to San Antonio Botanical Gardens (see trips for details)

October 3—Semi Annual Plant Exchange—Bring your surplus house & garden plants to exchange.

BOOK DISCUSSIONS GROUP—Tuesday, 1:00 pm

September 13—"Bright and Morning Star," a short story by Richard Wright

October 11—"Human Personality," an essay by Simone Weil

AARP—Wednesday, 1:00 pm

September 14—Maryjane Kesler, Exec. Dir. Of the Cottages, "Memory—Keep it Sharp"

October 12—Jessica Lemann, AARP State Office, Director of Outreach, "Medicare Fraud"

ART CLUB—Wednesday at 1:30 pm & Friday at 1:00 pm

September 2—NO meeting

September 14—Figure drawing open to all artists, bring pencils/sketch pads

September 16—Demo by artist and gallery owner Larry Prellop

October 7—Demo by artist Svetlana Novikoua

October 12—Painting Pumpkins. Bring a pumpkin of any size and ideas for decorating

October 21—Set up sale display in Baca lobby for pumpkins and auction items

AARP Driver Safety Course

Monday, September 19, 8:30 am—12:30 pm

Course #16844

The course is offered every two months and drivers get a 10% discount for 3 years on most insurance plans. Pre-register at the Baca front desk.

This does NOT take care of traffic tickets.

Cost is \$12 for AARP members & \$14 for non-members & paid to the instructor.



Classes

Klub Karaoke—NEW

Do you like to sing? We would like to invite you to join Klub Karaoke starting September 6 for some fun times using our karaoke machine. We invite individuals and groups to come sing your favorite songs. The center will provide the karaoke CDs. FREE.

Tuesdays, 12:30-2:30 pm

Medicare Workshop

Find out about Medicare savings programs, help with prescription costs, preventive services, wellness exams and a Benefits Check-up. Presentation by the Area Agency on Aging of the Capital Area.

Thursday, September 15, 11 am
Grand Room —FREE for Baca members

Computer Basics 101

Ron Houts will offer a computer basics class this Fall for Baca members ONLY. This class is very popular and only 8 people can register. Registration is open until after the first class ONLY.

Wednesdays, 9:30-11:30 am
September 7-October 26
Computer Lab—**Course #17627**
\$5 for Baca Members (8 classes)

A Matter of Balance

Specifically designed to reduce fear of falling, stop the fear of falling cycle and improve activity levels among older adults. The program includes 8 two-hour classes presented by trained coaches using a detailed training manual and two instructional videos.

Wednesdays, 9-11 am, Sept. 21-Nov. 9
FREE for Baca Members (8 classes)
Non-members, \$5—**Course #17804**
Limited space, don't wait to register.

Watercolor—NEW

Come for the fun and make new friends. Release your inner child with bright colors of paint on white paper. No drawing required. No need to buy anything until after the first class. *Age 50+.*

Thursdays, 1:00-3:00 pm
September 22-October 20, 2011
\$10/Baca members plus supplies
Craft Room—**Course #17802**

Square Dancing

Experience the fun and joy of Team Square Dancing. No experience necessary and for *ages 7 and up*. Families, teens, couples and singles are welcome. For information, call 512-219-9258 or check out their website at: glad2call.com. All fees are paid to them.

Tuesdays, 7:00-9:00 pm
September 6-December 20, 2011
Grand Meeting Room
\$40/for each 6 weeks/Baca Members

Ceramics

The Baca Center will be offering 2 ceramics classes this fall. Experience the fun and satisfaction of creating your own original mug, bowl, platter, vase or more. The emphasis is primarily on using the slab forming method. No experience necessary. All work will be fired/glazed so items are safe for food/drink. Supplies included, additional clay is \$15.

*Age 50+, Mondays—Course #17518, \$35**
Sept. 12-Nov. 14, 9:00 am-noon
*Age 18+, Saturdays—Course #17630, \$50***
Sept. 10-Nov. 12, 9:00 am-noon
*Baca non-member price is \$5 more
**Non-resident is \$5 more

Classes

Chair Yoga—NEW

This class is perfect for seniors who may have difficulty getting to the floor and back up. The chair provides support and stability in standing and seated postures, allowing the student to experience a yoga class where gentle backbends, forward bends, lateral stretches and twisting postures are easily accessible. Participants will benefit by improving flexibility, strength, circulation, range of motion, balance, posture and breathing. Suitable for people with limitations. This program is offered on a monthly basis. You must sign up in advance. *For seniors only.*

September 7-28, 2011—Wednesdays, 9:00-10:00 am—Meeting Room #1—**Course #17656**
\$45/members (4 classes) Instructor: Angela Richter-Gronross, RYT

Senior Self Defense—NEW

Seniors are an increasing target for both violent and non-violent crimes. In this one day workshop, participants will learn how to maintain awareness of their daily environment and decrease their potential for being targeted for assault. The class will cover realistic techniques which would enable the participant to disable an assailant and get away. *For seniors only.*

Wednesday, November 2, 6:00-8:00 pm	\$19/members/1 class	Course #17662
Wednesday, November 9, 6:00-8:00 pm	\$19/members/1 class	Course #17663

Ballroom Dancing—NEW

Join Sandie Anderson for Ballroom Dancing. No partner is needed. Learn several types of ballroom dances while having fun. *Lessons are for ages 18 and up.*

September 1 – November 3—Thursdays, 6:30-8:30 pm—**Course: #17803**
Grand Meeting Room—\$35 for residents and \$40 for non-residents

Cooking for One—NEW

Do you find it difficult to cook healthy meals for yourself? Join us for a fun class that will help you learn tricks to cooking for one person and shopping techniques. *This program is for age 18 and up.*

September 10 – September 24—Saturdays, 10:00 am-12:00 pm—**Course: #17631**
Grand Meeting Room Kitchen—\$10 for residents & \$15 for non-residents

Spanish in the Workplace—NEW

Would you like to learn the basics of Spanish to help you in your workplace or would you like to sharpen your current Spanish skills? *This program is for ages 18 and up.* Students will need to purchase a book for use in the class.

September 1 – November 3—Thursdays, 6:30-8:30 pm—**Course: #17629**
Meeting Room—\$30 for residents & \$35 for non-residents

Cuisine Critics

Mighty Fine Burgers

201 University Oaks Blvd., Ste. 1380
www.mightyfineburgers.com
512-381-3310

The Cuisine Critics met at Mighty Fine Burgers for a “mighty fine” lunch where quality is everything. The burgers were cooked to perfection and the choices of bottled and fountain sodas were awesome. The menu is limited to burgers, fries, shakes and hot dogs but if you want a great burger they have it. The critics gave the highest marks in all categories. The beef is all natural vegetarian-fed and they are the only restaurant in the nation that serves fresh crinkle cut fries which are hand-cut and crinkled with a special machine before they are fried in 100% trans-fat free peanut oil.

Homefield Grill

2000 S -Interstate 35
www.homefieldgrill.com
512-388-HOME

The Cuisine Critics enjoyed great food and conversation at the new Homefield Grill. The menus are really LARGE baseballs and the burgers were anyway you like them. The burgers are guaranteed with the Nolan Ryan all natural beef which has no preservatives. The critics gave mostly the highest marks. A few thought the value seemed a little pricey. The service was great and the staff wore various sports outfits. Most critics stated that they would definitely go there for a meal in the future. If you are adventurous they even have some fun games for all ages.

Haiku

Haiku is a traditional verse form originally practiced in Japan and China. It was brought into American and European poetry in the 10th century and now is one of the most familiar of verse forms. As practiced in Western poetry, a haiku is composed of three lines, the first having five syllables, the second having seven, and the third having five. Haiku traditionally begin with a natural scene tied to a season.

EXAMPLE:

#1			#3
In the trees above	5	OR	I open the box
a disturbance can be heard	7		puzzle has many pieces
one squirrel will win	5	ON	I reclose the box
#2		THE	#4
The dark night drifts down	5	LIGHTER	the cats a fur ball
like a black veil from heaven	7		dust bunnies under the bed
and covers my world	5	SIDE	time to groom the cat

Haiku by Phyllis Spivey

Advertisements



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512.388.0010 / www.ConservatorySeniorLiving.com

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Newsletter Advertising Space

The *Baca Buzz* now includes advertising that is specific for seniors. Pass the word along to businesses and friends that the newsletter is a great way to advertise to over 1,200 Baca Center members as well as online. For more information, on advertising rates give us a call at 512-218-5499 or visit our website at www.bacacenter.com.

Kiosk Advertising Space

Looking for home care, hospice services, a lawyer or handy man? The Baca Center offers space for businesses to advertise in our kiosk. The center staff is unable to recommend a business but you are welcome to check out our kiosk for advertisers.

Travel & Tips



If you like to see new places, museums, plays, movies, restaurants, concerts, then you'll want to travel with the Baca Center.

ALL trips in the newsletter will be available for registration on August 29. Members may register one additional person per trip at time of registration. Non-members please add \$5 for the cost of each trip. Only those riding the Baca transportation can participate in trip activities. **Times and events are subject to change. Return**

time is an estimated time of return, it depends on traffic, event wrap up, and any travel delays. Cost for meals will vary by type of restaurant, participants are responsible for checking meal costs ahead of time through website or Baca staff.

Day trippers should check in with the bus driver for exact departure and arrival times. If a member has a medical condition and must pre-board on the bus, a *current* doctor's note must be on file with the staff. Parking for an extended or overnight trip is on the lower level of the garage or the

new garage on the corner.

Participating persons with a disability or a physical condition requiring them to use a wheelchair must be accompanied by a companion to provide them with needed assistance in accessibility situations (restrooms) during the trip. The companion must be a relative or personal caretaker specifically for the participant. For proper arrangements, please inform the Baca Center staff at the time of registration.

If you have a trip suggestion for somewhere in Texas, please stop by the front desk.

Policy & Procedures

Please Check in with the driver before each trip. Payment is required at time of sign up. Please do NOT show up more than 15 minutes prior to departure, the building may not be open. Trips with a register by date is so we get enough registered by a set date so we don't have to cancel.

TRIP CANCELLATION POLICY

In the event of a cancellation, a CREDIT for the amount of the trip will be added to your account **ONLY IF**:

- 1) The Allen R. Baca Center cancels the trip.
- 2) A substitution has been made from the waiting list to fill your spot.
 - A) If no substitution can be made and the request is made 14 calendar days or less from the start date of the trip, all fees are forfeited.
 - B) If no substitution can be made and the request is made 15 calendar days or more from the start date of the trip, a credit for the amount of the trip will be applied to your account or you will be assessed a \$25 processing fee for a refund. **There will be NO substitutions allowed the day of a trip.**

Trips sponsored by outside travel companies will be subject to policies of the travel company.

ONLINE REGISTRATION

Online registration is a great way to sign up for trips without the hassle of waiting in line!

Day Trips

ALL REGISTRATION FOR THE LISTED TRIPS WILL BEGIN AUGUST 29, 2011 AT 8:00 AM UNLESS NOTED

Times/events are subject to change. Return time is an estimated time, it depends on traffic, event wrap up, and any travel delays.

DON'T BE LATE, WE DON'T WAIT!!

**The Baca Bus now has NEW window tinting to help keep out the heat.
Sign up for one of our upcoming trips to check it out.**

Tuesday, Sept. 6

Depart: 10:30 am

Return: 1:30 pm

Cost: \$6 (Meal OYO)

Where: Austin

Course #17766

CHEZ ZEE

Join us for lunch at Chez Zee, an American bistro which was voted Diners' Choice Award. They have a great atmosphere and lunch specials for \$9.95. The menu has a large variety of choices such as: soups, salads, pizza, pasta, sandwiches and the best desserts in Austin.

www.chez-zee.com

Thursday, Sept. 8

Depart: 10:00 am

Return: 1:00 pm

Cost: \$3 (Meal OYO)

Where: Round Rock

Course #17767

FLIX BREWHOUSE

Join us for a special tour of the newly opened Flix Brewhouse. They are a restaurant, micro brewery and movie theater all under one roof. We will get a behind the scenes tour of the theater and then eat lunch at their restaurant. We will attend a movie if they have something interesting and at the right time. You cannot meet us at the theater, you must ride the bus.

www.flixbrewhouse.com

Saturday, Sept. 10

Depart: 10:00 am

Return: 5:00 pm

Cost: \$15 (Meal OYO)

Where: Pearl

Course #17768

PEARL BLUEGRASS FESTIVAL

Join us for a real jammin' time at the Pearl Bluegrass Festival. The jammin' starts at 10 am in every room of the school house and then the stage show will begin at 1 pm with 10 different bands. There will be home cooked food available for purchase.

www.pearlbluegrass.com

Tuesday, Sept. 13

Depart: 8:30 am

Return: 4:30 pm

Cost: \$17 (Ticket Inc. & Meal OYO)

Where: Brenham

Course #17769

ZITHER GUITAR CO., SOUTHERN FLYER & BLUE BELL

This is going to be a fantastic trip to Brenham. First we will stop by the Zither Guitar Company which was featured on Texas Country Reporter and they claim to make a guitar that "anyone" can play. For lunch we will go to the Southern Flyer Restaurant at the local airport for a 50's style lunch. Before we head back, we will stop at Blue Bell Creamery for a tour and taste of ice cream.

www.zitherusa.com www.brenhammunicipalairport.com
www.bluebell.com

Trips, Trips, Trips

Sunday, Sept. 18

Depart: 1:00 pm
Return: 6:00 pm
Cost: \$18 (Ticket Inc.)
Where: Austin
Course #17770

CAPITAL CITY JAZZ MUSICAL

Join us for some traditional Dixieland Jazz at the Capital City Comedy Club. Mission City Hot Rhythm Cats will be the featured band for the first concert of the season. Members of the Austin Traditional Jazz Society can enter the concert free but will need to pay \$8 for the bus. They offer sodas, alcoholic drinks, appetizers and burgers. www.atjs.org www.capcitycomedy.com

Tuesday, Sept. 20

Depart: 8:00 am
Return: 4:00 pm
Cost: \$26 (Meal & Castle Ticket Inc.) (\$2 for tour at Phenix Knives OYO)
Where: Bellville
Course #17771
REGISTER BY SEPT. 6

NEWMAN'S CASTLE AND PHENIX KNIVES

We will get a personal tour of a one-of-a-kind castle with a draw-bridge, moat and chapel. A sandwich lunch with pastries will be included. The group that went on the last trip to the castle stated that the food was wonderful and the castle very unique. After the tour, we will go to Phenix Knives where each knife is hand forged and hand crafted. Cowboy uses American, European and Orient techniques for crafting his knives. He also designs and creates cooking utensils, fireplace screens and benches.
www.newmancastle.com www.phenixknives.com

Wednesday, Sept. 21

Meet: 11:00 am
Cost: Free (Meal OYO)
Where: 2711 La Frontera Suite 330, RR
Course #17397

CUISINE CRITICS GO TO THE BROOKLYN PIE COMPANY

This pizza place offers original East Coast pizza by the slice with all natural ingredients. The single slices are HUGE and start at \$3.99 for lunch. They also have calzones, cheese sticks, salads and dessert. *We can only register 10 people.* If interested, we can stop by Maggie Moo's for ice cream which is also located in La Frontera.
www.brooklynpie.com www.maggiemoos.com

Saturday, Sept. 24

Depart: 5:00 pm
Return: 10:00 pm
Cost: \$22 (Ticket Inc.)
Where: Wimberley
Course #17695

EMILY ANN THEATER

Join us for Shakespeare's Tempest under the stars of Wimberley. This is an outdoor theater with plenty of seating, concessions and lots of things to see such as a renaissance stage, extra large size chess board, music garden and a 200 year old tree.
www.emilyann.org

Tuesday, Sept. 27

Depart: 8:00 am
Return: 4:00 pm
Cost: \$22 (Ticket Inc. & Meal OYO)
Where: San Antonio
Course #17772

SAN ANTONIO BOTANICAL GARDENS

Join the Garden Club as we travel to San Antonio to walk the beautiful Botanical Gardens. We can eat at the Carriage House Bistro, shop at the gift shop and check out their newest exhibit: Amazing Butterflies. Garden Club can register for this trip on August 22, must be on the Garden Club list. Others can register on August 29.
www.sabot.org

Trips, Trips, Trips

Tuesday, Oct. 4

Depart: 8:00 am

Return: 6:00 pm

Cost: \$23 (Ticket Inc. & Meal OYO)

Where: The Woodlands

Course #17774

REGISTER BY SEPT 26

FOOTPRINTS IN COURAGE MUS. AND THE WOODLANDS

We are going to adventure out to the Footprints in Courage Museum to see the special exhibit of David the Boy in the Bubble. This exhibit will inspire you when you see what this brave boy who had a rare blood disease had to endure during his short life. The exhibit includes his actual bubble, space suit created by Nasa, World War I uniforms and history of Shenandoah. After the museum, we will travel to the Woodlands Waterway for a cruise down the waterway for lunch and shopping. The waterway has a mall, Landry's Restaurant and lots of businesses.

www.shenandoahtx.com

www.btd.org/Waterway.htm

Thursday, Oct. 6

Depart: 9:00 am

Return: 3:00 pm

Cost: \$13 (Meal OYO)

Where: Bastrop

Course #17775

HEART ART FOUNDRY & RAMOS RESTAURANT

The Deep in the Heart Art Foundry creates all sizes of sculptures. Come take a special tour of their shop to see how the sculptures are designed, molded, waxed, cast in a 2000 degree furnace and finished with metal. For lunch we will go to Ramos Restaurant.

www.deepintheheart.net

www.amosrestaurant.com

Thursday, Oct. 13

Depart: 8:30 am

Return: 2:30 pm

Cost: \$6 (Meal OYO)

Where: Austin

Course #17776

SAN FRANCISCO BAKERY & SHOPPING

What a great day we will have starting out with breakfast at the San Francisco Bakery which offers croissants, omelets, French toast and fresh baked goods. After breakfast, we will stop at some really unique and cool shops for browsing or shopping.

www.sfbc.weebly.com

www.next2new.org

www.karavelshoes.com

www.savers.com

Saturday, Oct. 15

Depart: 8:00 am

Return: 5:00 pm

Cost: \$13 (Ticket & Meal OYO)

Where: Fredericksburg

Course #17777

GOURD FESTIVAL & FREDERICKSBURG MARKET DAYS

We are off to Fredericksburg to the annual Gourd Festival which will have all types of gourd vendors. Then we will go to the Market Days which has over 350 vendors and 6 barns. Both events will have food vendors so lunch is your choice. Cost for the festival is \$5 only.

www.texasgourdsociety.org

www.fbgtradedays.com

Tuesday, Oct. 18

Depart: 4:30 pm

Return: 9:30 pm

Cost: \$7 (Meal OYO)

Where: Spicewood

Course #17778

ANGEL'S ICEHOUSE

Angel's serves home-cooked food with love. They have chicken fried steak, hand-rolled burgers, hand cut fries, fresh salads, sandwiches and much more. Tuesday is \$2 taco night and they will have live country music 6-9 pm.

www.angelsicehouse.com

Trips, Trips, Trips

Wednesday, Oct. 19

Meet: 11:00 am
Cost: Free (Meal OYO)
Where: 1205 Round Rock Ave., Round Rock
Course #17750

CUISINE CRITICS GO TO HOODY'S SUBS

This sub shop is original to Round Rock since 1989. They serve all Boar's Head meats and the freshest toppings. They have hot and cold subs, chips, drinks and ice cream. The shop is located directly across Round Rock Avenue from the Round Rock High School.
www.hoodyssubs.com

Friday, Oct. 21

Depart: 5:30 pm
Return: 11:00 pm
Cost: \$7 (Meal OYO)
Where: Manor
Course #17764

PUB CLUB GOES TO J. LORRAINE'S GHOSTTOWN

We had a great time on our last trip. They should also have it decorated for Halloween. They have great burgers (cash/check only), cheap beer prices and live music. We will take the big school bus if enough people register so there will be no lift available.
www.ghosttownaustin.com

Tuesday, Oct. 25

Depart: 8:00 am
Return: 4:00 pm
Cost: \$28 (Ticket Inc.—guided tour & hayride)
Where: Elm Mott
Course #17779
Lunch will be at the Café Homestead OYO
See menu at desk
REGISTER BY OCT. 18

HOMESTEAD HERITAGE

You won't want to miss this spectacular 531 acre homestead. The craft village has master craftsmen that invite you to watch them at their craft such as a blacksmith, potters, weavers, and much more. There is a barn, potter's house, gristmill, herb garden, deli, furniture store and much more. Their gift shop has handcrafted furniture and one-of-a-kind heirloom gifts including pottery, wrought iron, quilts, beeswax candles, soaps, paintings and much more than can be listed. There will be lots of walking on this trip but will be worth every step back in time. Includes 2 hr tour & 40 min. hayride.
www.homesteadheritage.com

Saturday, Oct. 29

Depart: 3:00 pm
Return: 9:00 pm
Cost: \$8 (Ticket & Meal OYO)
Where: Salado
Course #17780

STAGECOACH INN & TABLEROCK FRIGHT TRAIL

Join us at the historic Stagecoach Inn for a home-cooked meal and then we will walk off our dinner at Tablerock's 1/2 mile Fright Trail. The trail will allow us to re-live the horror classics and expect the unexpected. Costumes are optional but encouraged. Last year's participants really enjoyed this one-of-a-kind trip. Tickets are \$5 and on your own, cash ONLY.
www.staystagecoach.com www.tablerock.org

Sunday, Oct. 30

Depart: 9:00 am
Return: 6:00 pm
Cost: \$10 (Meal OYO)
Where: Austin
Course #17781

SACRED HEART SINGING & ABUELO'S

Whether you join in on the singing or just listen, you are sure to enjoy the *a cappella* songs included in the unique shape-note songbook. This style of singing began in the 1700's and remains popular today. Singing will be held at the Austin Waldorf School. After singing we will go to Abuelo's for some fine dining.
www.texasfasola.org www.abuelos.com

Trips, Trips, Trips

Friday, Nov. 4

Depart: 4:30 pm

Return: 10:30 pm

Cost: \$22 (Meal OYO)

Where: Wimberley

Course #17782

EMILY ANN THEATER—ANN FRANK & ME

Join us at the Emily Ann indoor theater for the classic performance of Ann Frank and Me. We will go to Cypress Creek Café for dinner before the performance. The café has a large menu for lots of dinner choices and they have a daily special.

www.emilyann.org

www.cypresscreekcafe.com

Tuesday, Nov. 15

Depart: 7:00 am

Return: 6:00 pm

Cost: \$26 (Meal OYO)

Where: Fort Worth

Course #17783

REGISTER BY NOV. 1

TEXAS MOTOR SPEEDWAY & BUREAU OF ENGRAVING

If you are a Nascar fan, you will love this trip. We will get a private tour of the speedway including Victory Row, garages, luxury suites and a possible drive around the track if available. Then we will travel to the Bureau of Printing and Engraving for a tour of how our money is made. Please bring a snack/lunch because we will be eating on the bus as we travel to the Bureau. After the Bureau tour, we will stop for dinner at a nearby restaurant. Please don't wait to register for this trip, we must have a full bus. This trip will involve lots of walking but will be exciting.

www.texasmotorspeedway.com

www.moneyfactory.gov

Monday, Sept. 26

Depart: 1:30 pm

Return: 4:30 pm

Course #17787

Monday, Oct. 24

Depart: 3:30 pm

Return: 7:30 pm

Course #17788

Cost: \$2 each trip

PROVIDENT CROSSING EVENTS

The Baca Center will take 2 special trips to the newly opened Provident Crossing in Round Rock. We MUST have 10 people registered to participate and you MUST ride the bus. The September party will be sailing the high seas with a Pirates of the Caribbean party with music, snacks and tropical inspired drinks.

The October party will be a costume ball with dinner, dancing and crowning of the costume ball King and Queen. Costumes optional. You must register for each event at least 1 week before the date.

Extended Trips

Sunday, October 9-

Tuesday, October 11

Depart: 7:00 am

Return: 6:00 pm

Cost: \$3 (Hotel/Meals OYO)

Where: Durant, OK

Course #17701

CHOCTAW CASINO

Cost is \$3 to the Baca Center for members and \$69/person for double-occupancy to the hotel. Third person in the room pays an additional \$20. We will receive \$10/day for slot play. Once again, this is a great deal for such a beautiful hotel. There is an indoor/outdoor pool with beautiful grounds and a huge slide. If you cancel less than 10 days from the day we leave, you MUST still pay for your room in cash to cover the cost of your room. The hotel has changed its policy regarding cancellations.

www.choctawcasinos.com

Allen R Baca Center
301 W Bagdad, Bldg. 2
Round Rock, TX 78664
512-218-5499
512-218-3231 fax

Baca Center will be
CLOSED on
September 5—Labor Day
November 11—Veteran's Day

Hours of Operation

Monday-Thursday 8:00 am-6:30 pm
(Weight Room ONLY until 7:15 pm)

Friday 8:00 am-4:00 pm

Saturdays & Sundays--CLOSED

**Activities & weight room
end 15 minutes before closing**

WBCO Lunch Reservation Phone:

512-255-4970

Carts—**512-478-7433**

www.roundrocktexas.gov
www.bacacenter.com

**Thank you to *Provident Crossing*
for donating cookies at our Annual Birthday Party
www.rlcommunities.com**

**Thank you to *Parkwood Meadows*
for donating our meal at the Luau on the Lake
www.holidaytouch.com**

**Thank you to *Trinity Care Center*
for offering FREE blood pressure checks
1st Friday of each month 11:30 am-12:30 pm
www.trisunhealthcare.com**